



# ***The Senior Edition***

***The Shrewsbury Council On Aging Newsletter***

published Monthly for all

Shrewsbury Residents age 60 and over

**November 2004**

**Volume 4, Issue 11**



## **November 2004 Special Dates:**

**Alzheimer's Awareness Month**

**NO FLU SHOTS...See Page 3 for details**

**Nov. 2nd** Election Day! Don't Forget to Vote!  
(No programs in Side B on 11/1 and 11/3 due to set up)

**Nov. 11th** Veteran's Day *All Municipal Offices Closed*

**Nov. 16th** Friends of the Shrewsbury Senior Center, Inc.  
*Special Guest: Diane Williamson*

**Nov. 17th:** Free Blood Pressure Screening

**Nov. 18th** Community Dinner and Play at High School

**Nov. 19th** Brown Bag Lunch and a Movie

**Nov. 25th** Thanksgiving *All Municipal Offices Closed*

**Nov. 26th** Newsletter Mailing

*And much more...see inside for details and calendar on  
the last page for a complete look!*

*The Town of Shrewsbury's  
Council On Aging mission is to develop  
and support community activities which  
enhance the well-being of residents of the  
town who are age 60 or older*

### **Calling All 'Snow Birds'...**

We wish everyone well who will soon be leaving for warmer climates! PLEASE don't let your Senior Edition go to waste. When you go away and put your mail on hold, (or forward your mail) your newsletter does not get held. It is returned to us, which costs money! Take a minute before you leave and kindly let us know when you are leaving and when you will return so that we can stop your newsletter. We will gladly restart it again when you return! (As long as you bring the sun with you!)

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2005 Formula Grant to go toward the mailing labels for our Newsletter.



**Friends of the Shrewsbury  
Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

**RETURN SERVICE REQUESTED**

NON-PROFIT ORG.  
U S POSTAGE  
PAID  
WORCESTER MA  
01613  
PERMIT NO. 1102

*ADDRESS LABEL HERE*

# Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center  
98 Maple Avenue  
Shrewsbury, MA 01545  
(508) 841-8640

**November 2004**



## **COA Staff and General Information:**

Office Hours: Monday through Friday:  
8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

### **Staff: COA Board Members:**

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,  
John Concordia, Secretary, Al Crommett, Lillian Goodman  
Helen McLaughlin and Tim Swiss

**COA Director:** Sharon M. Yager

**Assistant to COA Director:** Vicky Pellegrino

**Transportation Coordinator:** Cynthia Willis

**Van Drivers:** Ralph Anderson, Bob Dumas, Mike Jardarian,  
Mike Mazzola, Dick Londergan, Ed Rezuze and Keith Harlow

**Dining Manager:** Loretta Conroy 508-841-8757

**Volunteer Café Staff:** Shirley Golden, Ruth Runvik,  
Helen Nobilietti, Barbara Chevrefils, Carmella Iacono,  
Roger Faucher, Elayne Gilbert, Maureen Pulser, T.C. Lee  
Susan Pappas, Betty Viscera, Denise Bachand and Marie Nickles

### **Meals on Wheels Drivers:**

Michelle Mancini, Alan Buckley, George Berquist

**Outreach Coordinator:** Walter Rice

**Volunteer Coordinator:** Elaine Baskin

**SHINE Counselors:** Mary Hardell, Al Crommett

**Friendly Visitor Coordinator:** Lorraine Covino

**CARES Coordinator:** Dave Grillo

**CMAA Liaison:** Vicki Zwerdling

**Volunteer Office Staff:** Dorothy Dobson, Loretta Henry,

Carmella Iacono, , Nancy Kowalczyk, Rena Qualey,  
Lucille McHugh, Katharine Nelson, Rochelle Lockwood,  
Barbara Morrissey, Phyllis Robbio. Susan Pappas and Betty Viscera

**Senior Aide:** Layah Ruth Lehmann

**Veteran's Agent:** Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

## **Happy November Birthday To Volunteers:**

11/3, Helen Irwin and Joe Drummond

11/8 Madeline Gentile

11/17 Henry Souda, and Paul Keegan

11/22 Susan Pappas

**Welcome New Volunteer Café Staff:** Marie Nickles

## **Your Newsletter Committee Consists Of:**

Layah R. Lehmann, Editor, Fran Rimkus, Chairman,  
Bob Oetting, Advertising Coordinator,  
Ron Davis, Norma Giumentaro, Mary Layden,  
Janice McNamara, Maynard Rinker

## **Letter from the COA Director:**

The clocks have changed and we're back in our "winter mode" once again!

I hope you'll all be able to vote on November 2nd. Due to the importance of a Presidential Election, Side B of our Main Hall will be unavailable the days before, of and after the voting. We apologize for the inconvenience!

In wrapping up the Annual Report we give to the Executive Office of Elder Affairs this year, I have some interesting and exciting statistics for you. For the fiscal year ending June 30th, we helped 31% of the senior population in town one way or another through an activity service or program! Compared to other Senior Centers in the state, for one in three seniors to be using their Senior Center in a community Shrewsbury's size is very impressive. We also can boast that we have a high involvement of men: 42% of our participants versus 58% women. This is also great news! Most towns see a much lower percentage of only 30% and even much lower. So we have a lot to be excited about.

Last month, we also hit the "Top 5" on the Town's website for the first time...our new transportation packet was the 4th highest document downloaded during the month of September! For those of you who rely on our van for your Holiday shopping and use the internet, be sure to take an on-line poll. We hope to take people to locations in December that will be the most meaningful to them as they buy gifts for friends and loved ones. Although we have certain locations planned for this month, we have included them in the poll in the event people feel they should be revisited in December as well to meet demand.

Since our last publication, we have also held yet another successful Health Fair. Pictures are on our website. This was our 5th Annual Health Fair, and from the feedback we received, it was bigger and better than ever! We hope everyone who attended enjoyed themselves and we'll look forward to having an even better fair next year!

The day we put this Newsletter to print the Red Sox were going to the World Series! Will this be "the year"? I guess by the time you read this, we'll know!

Sharon M. Yager

## **Sympathy**

*We all wish to extend our heart-felt sympathy to  
volunteer Tom Rooney who lost his beloved wife since  
the last printing of the newsletter.*

### Immunization Clinic Update

There have been some delays in the production of the Influenza Vaccine provided by the state. The Board of Health Influenza and Pneumonia Vaccination Clinic is CURRENTLY POSTPONED. The Board does NOT have any vaccine at this time and is waiting for the vaccine to be distributed by the state. Please watch Cable TV Channel 15 for further announcements. In the meantime, you may wish to access the state Department of Public Health's web site at ([www.mass.gov/dph/cdc/epii/flu/flufacts.htm](http://www.mass.gov/dph/cdc/epii/flu/flufacts.htm)) for useful general info regarding the flu. There is also a new toll-free number: 1-866-627-7968 for the general public to stay informed about the current flu situation. (However, we have been told the number is frequently busy).

### November 18th: 5:30pm:

#### Community Dinner/Junior Play at High School

Its time again! Joe Montecalvo and the Rotary Club will be putting on another Community Dinner at the High School. The tentative menu is Swedish Meatballs and the entertainment will follow at 7pm. The Junior class at the High School will be performing three one-act plays, which are sure to be impressive, as always. Tickets are available at the Senior Center for \$2. The Rotary respectfully asks that the participation be limited to Shrewsbury residents only.

### November 19th, 11:30am Lunch/Movie

Join us for this month's feature sponsored by Westboro Bank. This month's movie is the remake of the 1960 "Rat Pack" film "Ocean's Eleven", with an all star cast including, George Clooney (playing Frank Sinatra's role), Julia Roberts, Matt Damon, Carl Reiner, Andy Garcia and many more. The stylish update to the comedy drama is about eleven con men who decide to rob the MGM Grand in Las Vegas. (2001), Rated PG13. Get an update before the new "Ocean's Twelve" debuts in theaters! Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please** call the COA by the morning of November 17th to reserve your seat and/or your lunch.

### November 23rd: Thanksgiving Dinner at Café

A special Thanksgiving Dinner will be held on November 23rd. Please make your reservations early; the deadline is noon on November 22nd.

Loretta Conroy, the new dining manager at the *Village Café* at the Shrewsbury Senior Center, wants to meet you! Come in and join us for a meal (\$2.00 donation), enjoy good food, good company while making new friends. Please call 508-841-8757 a day in advance to reserve your meal or if you need to cancel.

### Outreach News: Fuel Assistance Update

Brochures are available at the Senior Center on the **NSTAR's** program for those who use gas for fuel. If you have questions about the program, simply call 1-800-566-2080 or visit the website at [www.nstaronline.com](http://www.nstaronline.com).

New applications for **Fuel Assistance** can be submitted now. **The income guidelines for this year are \$18,620 for a single person and \$24,980 for a couple. However, even if you are over income, you may still be eligible for Citizen's Energy or other programs.** Call Outreach Coordinator Walter Rice at the number below to learn more.

**Project Alarm** We neglected to mention last month that Project Alarm was back, as it is every October and April. Its not too late to call and have your batteries and smoke detectors checked. Call the Senior Center if you would like to take part in this important program.

**Congregation B'Nai Shalom** has graciously offered to again assist seniors with yard and simple house work to those who have no family or resources. Call the Senior Center to be placed on the waiting list or call and explain your home maintenance needs to Walter Rice.

Thank you to those who continue to express their interest in seeing the ChiGong and Reiki programs continue. We will keep you posted on these offerings.

To learn more about any of these programs, or if you have any Outreach concerns, call Walter at 508-841-8647.

### Book Drop at Senior Center for Cops and Kids

Quota International of Worcester needs donations of books for children, infants through age 11. Books can be new, used or imperfect. The books are distributed by the Worcester and Shrewsbury police departments to children in crisis situations. "These books are important if the officers go on any type of call where kids are upset, especially a domestic call", says Police Chief A. Wayne Sampson. Books can be dropped off at the Shrewsbury Senior Center. For other drop off locations, questions and information please call Barbara Graf at 508-845-3035 or Jean Borgatti at 508-793-9695 or visit [www.quota.org](http://www.quota.org).

### Quick Reminders:

**Pedometers are In!** Many people picked theirs up at the Health Fair, but we have many more that are waiting to be picked up. The cost is \$8, and we ordered extras in the event you were not able to place your initial order. Come by and get this simple and handy fitness tool!

**Pilates:** Instructor Dr. Clermont will be away 11/3 and 11/10. No classes will be held.



Call Shrewsbury Light and Cable  
to sign up for  
**Shrewsbury's Digital Cable Service**  
&  
**High Speed Internet Access**  
Call **508-841-8500**  
for more information  
about all out levels of cable services!



**Busy Hands  
Knitting Group**  
Looking for a great  
gift? Drop by the Senior  
Center and view our wide  
variety of hand knitted  
goods. All items are  
reasonably priced.

**Shrewsbury Senior**

**Mondays**  
11am  
President:  
**Sylvia Jarras**  
Join Us!

**Citizen's Club**

**CARES November Column:**

Seniors Helping Seniors

**By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

The CARES Consumer Survey is a new offering from the CARES Program. It is word-of-mouth recommendations from anyone (your fellow seniors and other responsible adults) willing to take the time to fill out a form and recommend individuals and/or businesses that have done work for or provided a service to them. The Survey is a work in progress; so I invite all readers of this column to help create a large directory to help your fellow seniors when they must hire someone to do work for them. I have heard from many seniors who often do not know where to turn when they need to have a roof fixed, a car purchased or repaired, a chimney cleaned, a will drawn or countless other needs met. The Survey is an attempt to help you help each other with the "Whom do I hire?" question. Please pick up a form at the Senior Center or call and ask that one (or several) be mailed to you. Return forms to the senior center, and I will follow up with you. Only recommend individuals or businesses you have been pleased with. For those of you wishing to review the Survey, it is located in a binder available at the receptionists' desk at the Senior Center. Photocopies can be mailed to those who can't stop by.

A very active and thoughtful COA volunteer wants you to look closely at your credit card statements. She was double-charged for services she received at the Fallon Clinic, services she paid for with a credit card. She has also been double-charged elsewhere. She was able to have the extra charges erased rather quickly since she confronted each situation soon after reviewing her credit card statements. By addressing these errors immediately, she was able to avoid the somewhat arduous process of filing a complaint with the credit card companies and hoping for the best. Our next helpful senior asked me for the telephone number for the Do Not Call Registry so she could pass it on to a friend. The Do Not Call Registry is free, and it allows you to register your telephone numbers with the state and federal governments so that most nuisance marketing calls will no longer bother you. Call 866-231-2255 to sign up and request further information. Note that politicians, charities and other nonprofit groups, and those who already have a business relationship with you are exempt.

I recently read of a booklet that provides travel information for wheelchair users. "Accessible Air Travel: A Guide for People With Disabilities" is available at [www.unitedspinal.org](http://www.unitedspinal.org). That is all I know about this resource.

*Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.*

**KALTSAS KORNER****Trusts: Not All Are Created Equal**

Most people want to avoid probate. However, the goals and needs of those people seeking to avoid probate will dictate the terms of their trust. Successful Medicaid or Estate planning requires the legal advice of an expert who considers the client's specific needs and goals. All trusts have certain things in common, but they also have important differences. It is important that your trust takes into account the details of your situation and specifically provides for your needs and goals.

You should not get fooled into thinking that a generic, one-size fits-all trust would accomplish your objectives. Aggressive salesmen may suggest to you that you can save thousands of dollars by purchasing "their" living trust. While such a trust (a generic, one-size fits-all trust) may initially be less expensive, it does not typically provide for specific circumstances.

A generic, one-size fits-all trust is little more than a kit that you buy. These trusts come with questionnaires and simple instructions that are the same for every senior. Oftentimes, your access to detailed legal advice is limited. A living trust sold in this way can present problems for the senior. The kit may lack proper instruction, may not meet your state's legal requirements and/or may expose the senior relying on it to enormous financial losses in the future. Such a trust has a limited purpose and will probably not meet your specific planning needs.

It is true that a living trust (either revocable or irrevocable depending on your goals) can be an effective way to control the disposition of your assets. But you need to identify whether your objective is solely to avoid probate, or whether you have concerns about Medicaid as well. In a properly drafted trust, issues such as incompetency, divorce, children from prior marriages, avoiding probate, and limiting Medicaid estate recovery are all critical considerations. A properly drafted trust will take these issues into account and include specific provisions that accomplish your objectives.

Whether you require a Revocable or Irrevocable Trust, or an Inter Vivos or Testamentary Trust will all depend on your specific objectives. When it comes to Medicaid and Estate Planning (as with any complex financial or legal issue), there is just no substitute for expert advice. If you or someone you know has questions about trusts, you are urged to call our office or contact another qualified elder law attorney.

*Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.*

*This article gives general information and not specific legal advice on individual matters.*

**COMMONWEALTH OF  
MASSACHUSETTS  
HOUSE OF  
REPRESENTATIVES  
STATE  
REPRESENTATIVE  
KARYN POLITO  
LOCAL OFFICE: 508-845-2300  
STATEHOUSE (617) 722-2692  
ROOM 167**

**SPAGS 19**  
Mon-Fri: 9am-9pm, Sat: 8am-9pm  
Sun: noon-5pm  
Visit Us At Our Web Site:  
[WWW.SPAGS.COM](http://WWW.SPAGS.COM)

**Susan B. Nissenbaum**  
*Attorney at Law*  
Elder Law - Home Visits  
First Call No Cost  
Real Estate  
Wills Estate Planning  
One Grafton Common - Grafton  
Call Now 508-839-4144

***Al's Oil Service***  
featuring Worcester Area's  
lowest prices!  
307 Hartford Turnpike  
508-753-7221  
**Special Senior Citizen  
Discounts!**



**SILVER SCREEN CLASSIC MOVIES: 11/1 and 12/6:**

Showcase Cinemas North offers admission of \$1.00, with complimentary popcorn, soda and coffee for these special films: Nov. 1st - *Drums Along the Mohawk* (1939). Dec. 6th - *Pennies from Heaven* (1936). The movie starts at 1:00 but it's a good idea to come early!. Call (508) 852-2944 with questions.

**Worcester Art Museum: Last chance...**

Discover the extraordinary history of human creativity at the WAM! Come join us and view the *Japanese Masters of Mezzotint: Yozo Hamaguchi and Katsunori Hamanishi* an exhibit which ends this month on November 28th. However, there is still time to see the other exhibits currently showing: *Modern Japanese Prints from the Permanent Collection*, until January 23th, 2005; the *Jim Hodges, "Don't be afraid"* until March 2005 and *Photography at the Worcester Art Museum: Keeping Shadows* until January 2nd, 2005.

**November 14th: St. Anne's 14th Annual Craft Fair**

Presented by the Shrewsbury Ecumenical Council at St. Anne's Church, located in the Father Smith Center at 130 Boston Turnpike, Shrewsbury, on Thursday, November 11, (Veteran's Day), from 9:00am to 3:00pm. For further information call Sister Charlene at 508-757-5154, ext. 12.

**Wheelock Family Theater: "Ramona Quimby"**

Don't miss the Wheelock Family Theatre presentation of the play **Ramona Quimby**, now running to November 28. Performances are Friday nights at 7:30pm; Saturday and Sunday matinees at 3:00pm. School vacation week matinees are at 1:00pm. Use your check or credit card to pay or order tickets by phone at 617-879-2300. For information find us at tickets@wheelock.edu.

**November 12th-14th: "In Search of Paradise"**

Presented by the Massachusetts Garden Club Federation at Tower Hill Botanic Garden in Boylston. A judged flower show of beautiful and innovative floral arrangements created by members of garden clubs throughout Massachusetts will be exhibited on November 12th-14th, from 10am to 5pm. Regular admission is \$8.00, but only \$5.00 for seniors! Please call 508-869-6111 for further information.

**November 20th, 10am-4pm: Scandinavian Fair 2004**

Fine Scandinavian imports or knitwear, crystal, jewelry, book, linens, foods and more will be for sale. The event is sponsored by the Norumbega Lodge 3-506, Sons of Norway and will be held at the Parker Damon School in Acton. Call Jean Husher: 617-527-5981 for more info or visit www.norumbega3506.org.

**November 6th: Holiday Gift Shop & Tea Room**

The First Congregational Church of Oxford will be open to the public on Saturday, November 6, from 10am to 3pm. Come and enjoy delicious scones, with English tea, cakes, or hot chocolate and coffee, etc. The gift shop will sell a variety of goodies, some of which are handcrafted donations, knitwear, second-hand jewelry, home baked goods and Christmas collectables. The church is located on 355 Main St. (Rt. 12) and is handicapped accessible. For further information call 508-987-2211.

**November 7th: Community Breakfast**

The Shrewsbury Rotary Club presents its 2004 Community Breakfast at the Floral Street School cafeteria on Sunday, November 7, at 8am to 12pm. Tickets are \$4.00 (children under 7 \$1.00 at door). For more information, contact Lauren Hamm at 508-845-2778 or Jeffrey Chin at 508-845-6932. Tickets are available at the Senior Center.

**November 14th, 4pm: Choral Concert**

The Assabet Valley Master Singers will be performing "The Seasons" by Franz Joseph Haydn at St. Mark's in Southboro. A limited number of free tickets are available at the Senior Center. Call Arlene at 978-562-9838 for more info.

**November 18th: Bill Cosby At Mechanics Hall**

The star of "The Cosby Show" returns to Worcester for his first area stand-up performances since 2002. Don't miss your chance to see America's favorite comedian, performing his unforgettable brand of comedy at Mechanics Hall on Thursday, November 18th! For more information contact Dan Berube, at (978)-937-8688 Ext: 225.

**Library Book Group Dates:****Pageturners Mystery Book Group: You've Got Murder**

by Donna Andrews: November 4th, 10:30am and November 18, 3:00pm

**Eclectic Browsers Book Group: Heartbreaking Work of Staggering Genius**

by Dave Eggers: November 4, 3:00pm and November 18, 10:30pm. Call the library at 508-842-0081 for more information.

**Leaves, Grass and Yard Waste Reminder:** The week of November 1st to 5th, November 15th to 19th, and November 29 to Dec. 3rd, leaves, grass and yard waste will be collected on your regular trash day. 30 gallon paper bags, weighing no more than 40 lbs, must be used, and lined up within 2 ft of the curb by 7am. Do not include road salt, stones, rocks or any other material in the bags.



**Christopher Heights  
of Worcester**  
Assisted Living  
Community

20 Mary Scano Drive  
Worcester, MA 01605

508-792-1456

A place to call home where friendly  
residents and staff  
create peace of mind for families



**All Makes and Models  
Brakes/exhaust/tune-ups  
Wheel Alignment**

**Towing and Road Service,  
Inspections**

185 Memorial Dr. Shrewsbury  
508-845-9850

**Shrewsbury Friends  
Men's Group**



**Thursdays 9-11 AM  
President: John Kehoe**

**RICHARD'S CAR WASH**

**309 BOSTON TURNPIKE**

**508-755-0131**

ALL CLOTH WASH — HOT WAX APPLICATION  
COIN OPERATED VACUUMS — 4 BAY WASHERS

Tuesday: Senior Citizen's Day: \$1 off!!!

**TURNPIKE AUTO BODY**

**307 BOSTON TURNPIKE**

**508-755-3015**

UNIBODY REPAIR SPECIALIST  
FEATURING: LASER BEAM TECHNOLOGY  
COMPLETE COLLISION WORK

**Men's Friends News***Submitted by Al Vadenais*

Speakers from our recent meetings were Nancy Allen, Town of Shrewsbury Health Director, who spoke on pertinent health topics. Stanley (Charley) Scheier, presented the History of Clocks and David Peterson of Wells Fargo talked about reverse mortgages. Speakers are scheduled for upcoming meetings. See you there!

**Attention Skiers: Mt. Wachusett  
Discount Season Passes**

Winter is coming and Mt. Wachusett offers discounts through group plans. Harry Pierce has formed a group for the last 21 years and invites everyone to join the fun weekdays on the mountain. Applications are available through Harry. Call: (508) 845-9692.

New officers are shown from left to right: Sylvia Jarras, President, Dorothy Sinkus, Vice President, Pam Cawley, Secretary, Anita Grell, Treasurer, and Pauline St. Armand. Congratulations ladies!



**New Officers Elected for the  
Shrewsbury Senior Citizens  
Club**

**Piecemaker's Quilt Group Announces  
Quilt Raffle Winner!**

Roseann Mungovan of 7 Greenwood Avenue is the lucky winner of the group's colorful maple leaf quilt at this year's Health Fair. Congratulations Roseann!

**Busy Hands "Check us out for Holiday Gifts!"***Submitted by Diane Lindberg*

Our group thanks all of you that purchased the many wonderful hand knitted items on the common during the Spirit of Shrewsbury weekend. We made \$600 that day! The Busy Hands group meets weekly on Friday afternoons at the Senior Center knitting those wonderful items-hats, mittens, sweaters, etc. The group started in 1995 at Parker Rd. and has continued meeting for many years. Their love of knitting over the years has allowed them to donate to the Senior Center, to date, a grand total of \$10,000! We thank them for their continued dedication and we thank you for your support in purchasing their items.

**Friends of the Shrewsbury  
Senior Center, Inc.***Submitted by Diane Lindberg***Hear Ye! Hear Ye! Don't miss out!**

Popular, dynamic *Telegram and Gazette* columnist, **Diane Williamson**, is the guest speaker at The Friends of the Shrewsbury Senior Center, Inc.'s general meeting Tuesday, Nov. 16, 1 pm at the Senior Center. Bring your friends for an entertaining afternoon! Then be sure to join us for some coffee, tea, and delicious treats.

Come and join in the fun and activities of the group dedicated to fostering and encouraging the dignity and independence of the senior residents of Shrewsbury.

Help support the Friends of the Senior Center by becoming a member for just \$5! Fill out a membership form and send it to the Senior Center, bring it to the meeting or give it to a Friend's member. Membership forms are available at the Senior Center...stop by or call to have one mailed to you!

**Jailed and .....Bailed?**

Thank you to those who were jailed and those that bailed them out! We appreciate your support in the Friends of the Senior Center fundraiser and look forward to this event again next year in the Spirit of Shrewsbury!

*(Left: the incarcerated  
Al Vadenais!)*

**Thank you!**

I wish to thank everyone who donated jewelry for the sale we had at the Health Fair. It turned out to be a great success; a good time was had by all. I would also like to thank the women who helped.

—Elaine Kelley

**Travel Anna & Bernie Keiser: 508-753-1387**

November 10-12: Beacon Resort Christmas

November 16th: Tony Soprano's Retirement Party

December 8th: Rockettes Christmas Show

**Frank Fulginiti : 508-845-6509**

November 16th: Louie Prima Show at Foxwoods

December 10th : Christmas in Connecticut

December 14th: The Rockettes at the Wang Center:  
Spectacular & Bright Nights

*Call Frank or Anna*

*to learn about exciting trips they have planned!*

**NOW OPEN TO THE PUBLIC!**

Serving the needs of those who live,  
work or worship in Shrewsbury



NEXT TO  
THE  
LIBRARY  
615 Main St.  
508-841-8550

**Polito  
Development  
Corporation**  
Commercial Industrial  
Residential Real Estate  
587C Hartford Turnpike  
Shrewsbury MA 01545  
508-842-5300



Thanks everyone for their  
support over the years!

**November SHINE Update***by Ellin Hassett, Regional SHINE Director*

The Open Enrollment for Prescription Advantage has ended and those who enrolled will be getting their "welcome package" and cards soon. As of October 25, 2004, the co-payments for plan members in the lowest two categories will be reduced by \$2 on generic drugs and \$5 on brand name drugs. These reductions would be for those with annual incomes below \$17,503 for an individual and \$23,481 for married members.

Please remember that those who lose eligibility for Mass. Health, move to Massachusetts or are in their 65th year can join Prescription Advantage at any time. Others must wait until the next Open Enrollment.

For those with a Medicare Endorsed Discount Drug Card and would like to change Plan Sponsors, the Open Enrollment for switching cards is November 15 - December 31, 2004 for an effective date of January 1, 2005.

**SHINE** counselors can help you understand your prescription benefits and assist you with reimbursement requests.

**SHINE** (Serving the Health Information Needs of Elders) is a free service available to Medicare beneficiaries of all ages. To reach the SHINE Program call 1 (800) 243-4636 option #2, 800AGEINFO.

**The SHINE Program provides free, confidential and unbiased health insurance counseling for Medicare**

**Volunteer Opportunities:**

The volunteer program **at the Shrewsbury Senior Center** has room in the following areas: receptionist at the front desk, friendly visitors program, van drivers, computer training assistant, office assistant to do filing, to help with mailings, and to update computer lists (with guidance). Most assignments are three to four hours once a week, although some jobs require more time. If any of these interest to you, or you just want to help but are not sure how, please call Elaine.

**Chess Club Leader Needed at Paton School:** A Volunteer is needed 1-2 hours per week to work with students who want to start a chess club.

**New Liaison Needed:** Our longtime liaison, Dolores Lake, who is a Grand Reader, has had to step down as the liaison between the Shrewsbury Community Partnership for Children and the Council on Aging Boards. A replacement is desperately needed.

**If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact Elaine Baskin, Volunteer Coordinator, at the Senior Center: 508-841-8758 or email: [ebaskin@th.ci.shrewsbury.ma.us](mailto:ebaskin@th.ci.shrewsbury.ma.us).**

**Good Food = Good Health: SERVE**

Sign up on-line at [www.servenewengland.org](http://www.servenewengland.org) or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. There are many specials this month! The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is Nov. 4th for distribution on Nov. 20th.

**"Straight Talk About Eye Health"**

Fallon's Senior Wellness Series wraps up its 2004 year with this important talk on vision. "Straight Talk About Eye Health" will be held free of charge on Wednesday, November 10th, at the Worcester Senior Center, 128 Providence Street.. Ann Pantazis, R.D., Director of Nutrition at Fallon Clinic, will discuss what you can do to protect your vision. The talk offers participants lifestyle strategies that can help promote eye health. You do not need to be a member of Fallon to attend. Refreshments will be served and registrations are required. To register, call 1-800-939-5433.

**November is Alzheimer's Awareness Month!**  
**November 3rd: Alzheimer's Awareness Day**

The Worcester Senior Center is holding a program to assist caregivers of Alzheimer's patients with questions and information. The Safe Return Program, Local Police Programs, a Community Resource Fair, Free Lunch and Gifts and more will be offered at the event. The event will be held at 128 Providence Street, Worcester, on Wednesday, November 3rd, 10am to 1pm. RSVP as soon as possible to Deb Dowd Foley at (800) 243-5111

**Alzheimer's Family & Caregiver Support Group**

Get the support and education you need, as well as a chance to share your feelings, ideas and concerns. Meetings are held monthly the first Tuesday of the month from 7-8:30pm at Whitney Place in Westboro. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be held November 2nd, December's will be on December 7th.

**Elder Care Management & Guardianship Programs**

November 17th from 8:30am-10am will be offered at Jewish Family Services at 646 Salisbury Street in Worcester. Anyone who is interested in learning more about quality care is invited. Please RSVP by 11/12 to Elaine Kapperman at 508-755-3101.



**Dean Park Pizza**  
745 Main Street  
**508-842-2525**

**Offering a 15% Senior Dine-in Discount on Mon & Wed.**

**Breakfast: Sat & Sun:  
7am-noon**

**Try our fresh seafood!**  
*Many menu choices!*

**Victor R. Quaranta**  
**American Legion Post 397**  
***Do You Have An Old Flag?***



*The Post will  
Ceremoniously and  
properly dispose of  
your American Flag*

**Drop Off Box  
At Senior Center**



**Shrewsbury Rotary Club**  
**"Service Above Self"**  
**Dr. Lauren Hamm**  
**President**  
**2004-2005**

**Britton Funeral Homes, Inc**

**Britton Funeral Home**  
648 Main St. Shrewsbury  
(508) 845-6226

**Britton Wallace Funeral Home**  
91 Central St. Auburn  
(508) 832-4420





# November 2004 Calendar

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> 9:30: Piecemakers <b>No Programs</b> Pre-Election Preparation	<b>2</b> <i>Trip: Wal-mart Rt. 9</i> 10:00: Independent Artists <b>Election Day!</b> Noon: Painting with Elaine <i>Seafood Newburg</i>	<b>3</b> <b>No Programs on side B</b> 12:30: Bridge 1-3:00: Whist <b>No Pilates</b> <b>No Chair Pilates</b> <i>Beef Strip Steak</i>	<b>4</b> 9:00: Men's Group 9:00: Acrylic Painting* 9:00: Bocce, Horseshoes 10:45: Water Color* 1:00: Pitch <i>Chicken Primavera</i>	<b>5</b> 9:30: Writer's Workshop 10:00: Cribbage 1-3:00: Busy Hands <i>Macaroni and Cheese</i>
<b>8</b> 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge <i>Beef Rib Patty</i>	<b>9 Trip: Greendale Mall</b> 10:00: Senior Line Dance* <b>10:00: Spinal Screening</b> 10-12:00: Independent Artists Noon: Painting with Elaine <b>1:00: Hearing Screening</b> 3:15: Tai Chi*, 4:00: Tai Chi* <i>Spaghetti</i>	<b>10</b> 9:30-10:30: Fitness & Nutrition <b>10:00: COA Board Meeting</b> 11:00: Yoga 12:30: Bridge 1-3:00: <i>Free Legal Clinic with Jim Slavin</i> 1-3:00: Whist <b>No Pilates</b> <b>No Chair Pilates</b> <i>Chicken</i>	<b>11 Veterans' Day</b> <b>All Municipal offices closed</b>	
<b>15</b> 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge <i>Vegetable Cheese Bake</i>	<b>16 Trip: Xmas Tree Shop</b> 10:00: Senior Line Dance* 10:00: Independent Artists Noon: Painting with Elaine <b>1:00: Friends of the Shrewsbury Senior Center, Inc.</b> 3:15 Tai Chi, * 4:00: Tai Chi* <i>Pork Stir Fry</i>	<b>17</b> 9:30 -10:30: Fitness & Nutrition* 11:00: Yoga <b>11:00: Blood Pressure Screening</b> 12:30: Bridge/1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates <i>Corn Chowder &amp; Crackers</i>	<b>18</b> 9:00: Men's Group 900: Acrylic Painting* 9:00: Bocce, Horseshoes 10:45: Water Color* 1:00: Pitch 5:30: Community Dinner at S.H.S. <i>Chicken L'Orange</i>	<b>19</b> <b>9-10:30: Rep. Polito Office Hours</b> 9:30: Writer's Workshop 10:00: Cribbage <b>11:30: Lunch and Movie</b> 1-3:00: Busy Hands <i>Hot Dog</i>
<b>22</b> 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge <i>Beef Pepper Steak</i>	<b>23 Trip: Solomon Pond Mall</b> 10:00: Independent Artists 10:00: Senior Line Dance* Noon: Painting with Elaine (No Tai Chi Classes) <b>Special Thanksgiving Dinner: Roast Turkey</b>	<b>24 *</b> 11:00: Yoga 12:30: Bridge 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates <i>Beef Ziti Bake</i>	<b>25 Thanksgiving Day</b> <b>All Municipal Offices Closed</b>	
<b>29</b> 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge <i>Teriyaki Chicken</i>	<b>30</b> <b>Trip: Millbury Plaza Rt. 146</b> 10:00: Independent Artists 10:00: Senior Line Dance* Noon: Painting with Elaine (No Tai Chi Classes) <i>Stuffed Cabbage</i>	<b>Elder &amp; Disability Law Advocates</b> Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester <b>(508) 755-6525</b>	<b>PLEASE NOTE:</b> All special monthly activities, meetings and screenings <i>appear in italics</i> on the Calendar.  Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events. The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.	
			<b>26</b> 9:00: Newsletter Mailing 9:30: Writers Workshop 10:00: Cribbage 1-3:00: Busy Hands <i>Chicken Mornay</i>	